



Kincare Connection

VOLUME 23

APRIL 2013

Idaho KinCare Project 2013


My Family. My Story.

Expressions of children raised by relatives or other significant adults.

It's that time of year again! We can't wait to hear your stories!

The Contest: This art contest celebrates the relatives and significant adults who open their hearts and homes to children. Over 23,000 Idaho children live in households headed by a grandparent or other relatives.

The Instructions: Compose a poem, write a short essay, or draw a picture that describes how living with someone other than your parents (such as a grandparent, aunt, or uncle) has made a positive difference in your life. Entries will be judged in three age categories:

 Up to 9 years old, 10-14 years old, and 15-18 years old.

The Rules : All participating children must live in Idaho and be no older than 18 years of age.

- Children must live or have lived in a

KinCare family in the past.

- Poems should be 20 lines or less.

- Essays should 200 words or less.
- Entries may be submitted on the entry form or on a separate piece of 8.5"x 11"white paper.

- Colored pencils, markers, pencil, or crayons may be used on any drawing.



- Make your artwork as big and bold as possible and add a statement that explains your drawing.

- Entries must be original, in English or Spanish, and unpublished

- Winners will be notified in early July and all decision of the judges are final.

- We reserve the right of first publication and use of writings and drawings.

- All entries may be published in a 2013 book called My Family. My Story.

The Prizes: The top two (2) Entries in each division will receive \$100. All entries will

receive a special gift from 2-1-1 Idaho CareLine.

Questions? If you have any questions, please call the Idaho CareLine at 2-1-1 or (800)926-2588 or email Norma Barrientos at barrienn@dhw.idaho.gov or Tricia at bonmanp@dhw.idaho.gov.

Return or Postmark entries by May 31st. To receive an entry form, download one at www.211.idaho.gov, or email

bonmanp@dhw.idaho.gov



If you're in Pocatello, stop by our booth (in conjunction with Foster Care Recruitment) at the Portneuf Valley Environmental Fair, April 20th, Optimist Park, to pick up an entry form!



This newsletter is brought to you by the Area Agency on Aging. For more information on services and resources offered at the AAA contact:

Sandy Guidinger
(208) 233-4032 Ext. 16



Community Resource Spotlight: Bright Tomorrows Child Advocacy Center



Bright Tomorrows, a non-profit agency in Pocatello, has a twenty year long history of providing services to the Greater Pocatello Area and is an accredited member of the National Children's Alliance.

Since 1984, Bright Tomorrows has worked directly with victims of child sexual abuse. Over the years, their commitment to healing the hurt and addressing the emotional and mental needs of these victims through counseling and supportive services has remained steadfast. Bright Tomorrows Child Advocacy Center reduces the trauma of child sexual abuse in one, unique, child-friendly center. Investigative services are provided by a professional, multi-disciplinary team. Counseling and advocacy assist children and families to heal and to lead happier, healthier lives. Educational outreach programs build a safer environment where children are protected from future abuse. Bright Tomorrows Child Advocacy Center serves all communities in southeastern Idaho.

The center holds a monthly Stewards of Children training session on preventing child sexual abuse. This session, on the first Wednesday of each month, can help educate you on how to prevent, recognize, and respond to abuse. Visit <http://www.brighttomorrowscac.org/> for more information or call 208-234-2646.



Free Community Resources — Health, Grief, & Parenting

Arthritis Exercise Class

At Southeastern Idaho Public Health, 1901 Alvin Ricken Dr, Pocatello ID, on Mondays and Wednesdays from 10 am to 11 am. For more information and to register, please contact Tracy McCulloch at 239-5250.

Fit and Fall Proof Class

Free exercise classes to help prevent falls! Improve balance, strength, flexibility, and endurance. Classes are taught by certified volunteers. For more information, contact Cherie at 478-6315. Classes are held at the following sites:

- Blackfoot Senior Center, 20 East



Pacific, Tuesday and Thursday 9:30 am. 208-785-4714.

- Pocatello Senior Center, 427 N. 6th Ave, Tuesday 11 am and Thursday 11:30 am. 208-282-4416.



- Franklin County Senior Center, 64 West 1st South, Preston, Tuesday and Thursday 8:30 am.
- Community Access TV on Channel Twelve Pocatello. 10 am weekdays.

Skin Cancer Screening

Idaho Skin Institute, 147 W. Chubbuck Road. The first Tuesday of every



month from 5pm—7pm.

Community Grief Group

Staralee Baird, LMSW, facilitates a community grief group Thursdays 5:30—6:25 pm at Creekside Home Health and Hospice, 4425 Burley Dr, Chubbuck. 637-1100. Staralee also facilitates a Community Grief Camp/Group for children and adolescents ages 6-17. For more information, or to register your child, contact Staralee or Shanna at 637-1100.

Parenting Classes

Behavioral Treatment Center, 210 E Center Suite B, Pocatello ID on Tuesdays at 11 am and 4 pm. Call 234-2600 for more information.



April is National Child Abuse Prevention Month. This month and throughout the year, the Idaho Kinship Project encourages

April is Child Abuse Prevention Month

all individuals and organizations to play a role in making our community a better place for children and families. Child abuse or neglect often takes place in the home at the hands of a person the child knows well—a parent, relative, babysitter, or friend of the family. There are four major types of child maltreatment. Although any of the forms may be found separately, they often occur together. Each State is responsible for establishing its own definitions of child abuse and neglect that meet Federal minimum standards. Most include the following:

- Neglect is failure to provide for a child's basic needs.
- Physical abuse is physical injury as a result of hitting, kicking, shaking, burning, or otherwise harming a child.
- Sexual abuse is any situation where a child is used for sexual gratification. This may include indecent exposure, fondling, rape, or commercial exploitation through prostitution or the production of pornographic materials.
- Emotional abuse is any pattern of behavior that impairs a child's emotional development or sense of self-worth, including constant criticism, threats, and rejection.

To report child abuse, contact any law enforcement agency or Child Protection Services at 1-855-552-KIDS (855-552-5437). **You are not required to provide proof.** Anyone who makes a good faith report based on reasonable ground is immune from prosecution.



Research shows that when parents possess six protective factors, the risk for neglect and abuse diminish and optimal outcomes for children, youth, and families are promoted. The six protective factors are: Nurturing and attachment ; Knowledge of parenting and of child and youth development ; Parental resilience ; Social connections ; Concrete supports for parents ; and Social and emotional developmental well-being.

For more information and to download a research guide on preventing child maltreatment and promoting well-being, visit <https://www.childwelfare.gov/>.



Community Calendar

1 — Happy April Fools' Day!

4 — Pocatello Kincare/Relatives as Parents Support Group. 5:30 pm, 403 N. Hayes. *We will*



be handing out entry forms and art supplies for My Family, My Story.

Don't miss it!

Do you have a topic you'd like to see covered at future support groups? Let me know at bonmanp@dhw.idaho.gov!

5 — First Friday Art Walk — Old Town Pocatello.

12-13 — **2013 East Idaho Kids Fair**—10 am-7pm. 1545 West Broadway St, Idaho Falls. One ticket is good for both days.

15 — Tax returns due!

20 — **Portneuf Valley Environmental Fair!** 11 am—3 pm, Optimist Park, Pocatello. Close to 100 businesses, agencies and organizations will be providing activities, information and goods for sale that make it easy to be green. Come out and enjoy great music, food and hands on activities at this popular community festival. The Fair is FREE and has something for everyone!



22 — Earth Day!

27 — **First Annual Urban Invasion Obstacle Challenge.** Urban 5k obstacle race through Old

April 2013

Sun	Mo	Tue	We	Thu	Fri	Sat
	1 	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20 
21	22 	23	24	25	26	27
28	29	30				

Town! Presented by MUSE Boutique and hosted by SEICAA and Old Town Pocatello. This unique event will begin at 8 am as runners complete 20 obstacles winding through old town. Registration is now available at www.active.com. Get your team together and get registered because this event is going to be a challenge as well as a great time!



30 — **Eastern Idaho Grandparents as Parents Support Group** — Idaho Falls, Eastern Idaho Community Action Partnership (935 E Lincoln Rd) Board Room, 12-2 pm. There will be a **Legislative Forum** in the evening from 6:30-8 pm.



Mi Familia, Mi Historia

El Concurso: Este concurso de arte celebra a los familiares y adultos significativos que abren sus corazones y hogares a los niños. Más de 23.000 niños de Idaho viven en hogares encabezados por un abuelo u otro familiar.

Instrucciones: Escriba un poema, escriba una breve composición o hacer un dibujo que describa cómo vivir con alguien que no sean sus padres (como un abuelo, tía o tío) que ha hecho una diferencia positiva en su vida. Las entradas serán juzgadas en tres categorías de edad: 5-9 años, 10-14 y 15-18 años de edad.

Premios.: Las mejores dos (2) entradas de cada división recibirán \$100. Todas las entradas recibirán un regalo especial de la Línea de Asistencia de Idaho 2-1-1.

¿Preguntas? Si usted tiene alguna pregunta, por favor llame a la Línea de Asistencia de Idaho 2-1-1 o por correo electrónico a Nor-ma Barrientos al barienn@dhw.idaho.gov. Regresar la entrada ante de Mayo 31.



HELP US REACH 300 LIKES!



Idaho Relatives as Parents

New GED in 2014

Starting in 2014, there will be a new GED test. **The current version of the GED test is expiring at the end of 2013 and your scores will expire too if you don't finish and pass the test by then.** Finish the test now so you won't have to re-take the parts you've already passed.

For help with the GED, contact

ISU's Adult Success Center: (208) 282-2468

Or SEICAA's GED Program: contact Angela at 232-1114 ext 114 or email ada-vis@seicaa.org

You can also visit www.finishtheGED.com or text GED to 58124 for more information.



What do you know about AmeriCorps?

AmeriCorps is a national service program that engages Americans of all ages and backgrounds in solving community problems. Each year, AmeriCorps offers thousands of opportunities to serve through local and national nonprofits.

With **AmeriCorps State/National**, you can choose to assist a national, state or local organization. Projects vary, but you may tutor students, build homes, restore parks, or train other volunteers. These programs are flexible, with both full and part time positions, and are available around the country. You must be 17 to join.



As an **AmeriCorps VISTA**, you'll serve with a community-based organization to help bring individuals and communities out of poverty. VISTAs help improve education, create small businesses, expand health services, and increase housing opportunities, among many other volunteer opportunities. You must be 18 to join, and a college degree is preferred. VISTA requires a full-time commitment for one year.



AmeriCorps NCCC (National Civilian Community Corps) is a full-time, team-based residential service program for individuals ages 18-24. NCCC members are organized into 10-12 member teams and serve in local communities in all 50 states and U.S. territories for a term of 10 months. Priority is given to disaster preparedness and relief. The mission of AmeriCorps NCCC is to strengthen communities and develop leaders through team-based national and community service.



Do you know a young adult graduating from high school or college and looking for the next step? AmeriCorps may be right for them! You can earn an educational award to pay for college or graduate school, or pay back qualified student loans! Student loans are put on forbearance for your term of service. You also receive a modest living allowance, depending on the AmeriCorps program. AmeriCorps is open to **all ages and backgrounds** (you must be at least 17 to join). **If you're interested in finding out if there is an opportunity for you, check out americorps.gov or call toll free 1-800-942-2677.**

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Area Agency on Aging
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